



Important Trainer Parties: Insanity Versions

This document contains full team details for every important Trainer in the game. This includes gym leaders, named Team Flare members, rivals*, the Elite Four, the Champion, and AZ. Trainer teams are listed under headings in the order above, and in the order they appear in the game. Details for any rematch teams in the Battle Chateau are not included, nor are any of the post-game teams.

All Trainers are fought in single battles unless otherwise mentioned, and all Trainers except the rivals and Team Flare will have appropriate healing items.

Pokémon with types, move pools, or abilities that have been changed as part of the Rebalanced versions are listed in *italics*; see the relevant documents for details.

*Rivals will probably be added at a later date, I just can't be bothered adding so many copies of the same team with slight variations right now. Expect Weakness Policy Dragonite and Mega Kangaskhan to make appearances on their teams at some point.

Gym Leaders

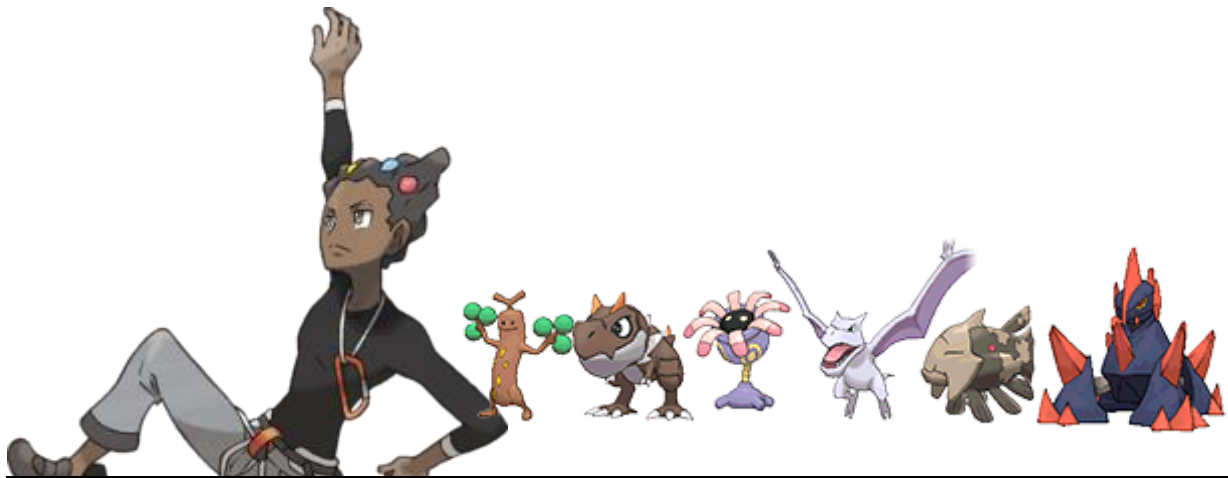


Leader Viola



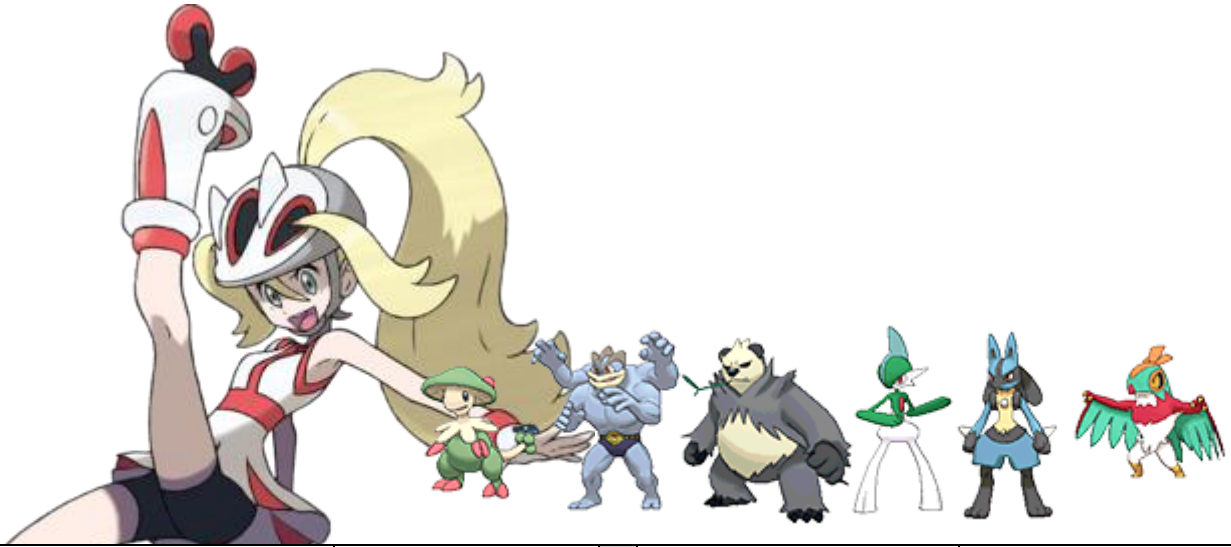
Surskit Level: 15 Ability: Swift Swim IVs: 31 Item: Focus Sash	Bubble Beam Infestation Icy Wind Sticky Web		Dustox* Level: 15 Ability: Compound Eyes IVs: 31 Item: Binding Band	Infestation Toxic Venoshock Protect
Dwebble Level: 15 Ability: Sturdy IVs: 31 Item: Expert Belt	Smack Down Fury Cutter Stealth Rock Aerial Ace		Larvesta Level: 15 Ability: Flame Body IVs: 25 Item: Coba Berry	Flame Charge Morning Sun Zen Headbutt Will-O-Wisp
Joltik Level: 15 Ability: Compound Eyes IVs: 31 Item: Occa Berry	Electroweb Struggle Bug Giga Drain Cross Poison		Vivillon Level: 17 Ability: Compound Eyes IVs: 31 Item: Berry Juice	Struggle Bug Electroweb Psybeam Stun Spore

Leader Grant



Sudowoodo Level: 30 Ability: Rock Head IVs: 31 Item: Air Balloon	Wood Hammer Rock Tomb Stealth Rock Ice Punch	Aerodactyl Level: 30 Ability: Pressure IVs: 31 Item: Life Orb	Rock Tomb Aerial Ace Bulldoze Thunder Fang
Tyrunt Level: 30 Ability: Strong Jaw IVs: 31 Item: Eviolite	Fire Fang Ice Fang Dragon Dance Rock Tomb	Relicanth Level: 30 Ability: Sturdy IVs: 31 Item: Salac Berry	Waterfall Zen Headbutt Rock Tomb Bulldoze
Lileep Level: 30 Ability: Storm Drain IVs: 31 Item: Eviolite	Giga Drain Recover Rock Tomb Toxic	Gigalith Level: 32 Ability: Sturdy IVs: 31 Item: Power Herb	Power Gem Solar Beam Autotomize Flash Cannon

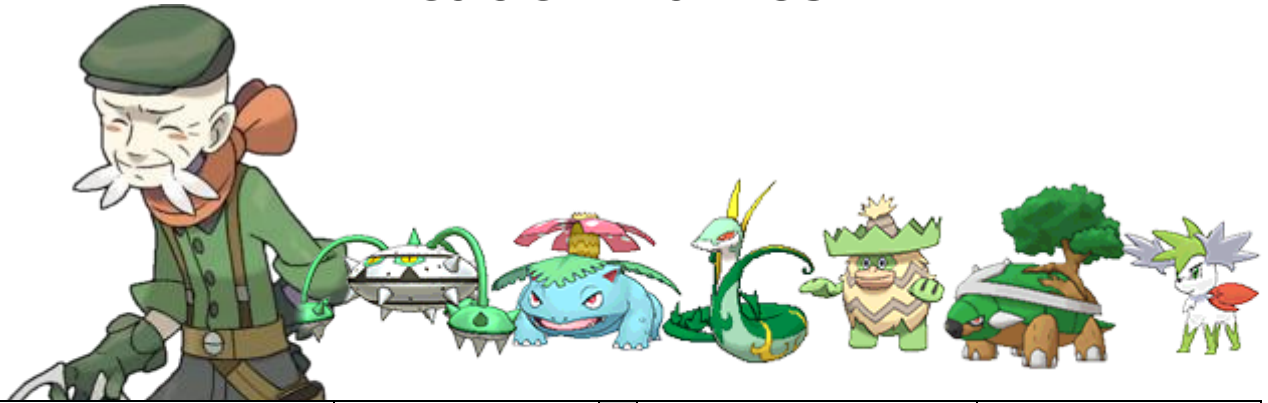
Leader Korrina



Breloom Level: 36 Ability: Technician IVs: 31 Item: Focus Sash	Force Palm Spore Bullet Seed Rock Tomb	Gallade Level: 36 Ability: Justified IVs: 31 Item: Sitrus Berry	Bulk Up Drain Punch Psycho Cut Ice Punch
Machop Level: 36 Ability: No Guard IVs: 31 Item: Leftovers	Dynamic Punch Poison Jab Knock Off Rock Slide	Lucario Level: 37 Ability: Steadfast IVs: 31 Item: Lucarionite	Ice Punch Vacuum Wave Flash Cannon Dark Pulse
Pangoro Level: 36 Ability: Iron Fist IVs: 31 Item: Assault Vest	Power-Up Punch <i>Sucker Punch*</i> Knock Off Thunder Punch	Hawlucha Level: 37 Ability: Unburden IVs: 31 Item: Flying Gem	Acrobatics Fire Punch Drain Punch Iron Head

*Yes, I'm aware this isn't boosted by Iron Fist.

Leader Ramos



Ferrothorn Level: 43 Ability: Iron Barbs IVs: 31 Item: Rocky Helmet	Power Whip Thunder Wave Iron Head Stealth Rock	Ludicolo Level: 43 Ability: Swift Swim IVs: 31 Item: Focus Sash	Rain Dance Giga Drain Ice Beam Hydro Pump
Venusaur Level: 43 Ability: Chlorophyll IVs: 31 Item: Venusaurite	Sleep Powder Giga Drain Sludge Bomb Earthquake	Torterra Level: 43 Ability: Sap Sipper IVs: 31 Item: Coba Berry	Stone Edge Earthquake Wood Hammer Synthesis
Serperior Level: 43 Ability: Contrary IVs: 31 Item: Leftovers	Substitute Synthesis Leaf Storm <i>Draco Meteor</i>	Shaymin (Sky Forme) Level: 45 Ability: Serene Grace IVs: 31 Item: Yache Berry	Air Slash Seed Flare Earth Power Zen Headbutt

Leader Clemont



Rotom Level: 47 Ability: Levitate IVs: 31 Item: Rindo Berry	Volt Switch Will-O-Wisp Hydro Pump Shadow Ball	Galvantula Level: 47 Ability: Compound Eyes IVs: 31 Item: Assault Vest	Bug Buzz Thunder Energy Ball Poison Jab
Zapdos Level: 47 Ability: Static IVs: 31 Item: Damp Rock	Thunder <i>Hurricane</i> Rain Dance Roost	Ampharos Level: 47 Ability: Static IVs: 31 Item: Ampharosite	Thunderbolt Dragon Pulse Focus Blast Agility
Magnezone Level: 47 Ability: Sturdy IVs: 31 Item: Air Balloon	Flash Cannon Thunder Wave Volt Switch Signal Beam	Heliolisk Level: 49 Ability: Dry Skin IVs: 31 Item: Life Orb	Thunderbolt Surf Focus Blast Grass Knot

Leader Valerie



Klefki Level: 52 Ability: Prankster IVs: 31 Item: Black Glasses	Swagger Foul Play Spikes Dazzling Gleam	Azumarill Level: 52 Ability: Huge Power IVs: 31 Item: Assault Vest	Waterfall Aqua Jet Play Rough Bulldoze
Granbull Level: 52 Ability: Quick Feet IVs: 31 Item: Toxic Orb	Protect Play Rough Close Combat Earthquake	Togekiss Level: 52 Ability: Serene Grace IVs: 31 Item: Lum Berry	Air Slash Flamethrower Thunder Wave Roost
Sylveon Level: 53 Ability: Pixilate IVs: 31 Item: Leftovers	Hyper Voice Psyshock Yawn Calm Mind	Mawile Level: 54 Ability: Intimidate IVs: 31 Item: Mawilite	Iron Head Play Rough Sucker Punch Foul Play

Leader Olympia



Claydol Level: 65 Ability: Levitate IVs: 31 Item: Leftovers	Earth Power Stealth Rock Calm Mind Ice Beam	Jirachi Level: 65 Ability: Serene Grace IVs: 31 Item: Choice Scarf	Iron Head Zen Headbutt Play Rough U-turn
Sigilyph Level: 65 Ability: Magic Guard IVs: 31 Item: Weakness Policy	Stored Power Cosmic Power Air Slash Roost	Metagross Level: 65 Ability: <i>Tough Claws</i> IVs: 31 Item: Life Orb	Meteor Mash Earthquake Ice Punch Rock Polish
Deoxys (Attack Forme) Level: 65 Ability: Pressure IVs: 31 Item: Focus Sash	Psycho Boost Superpower Fire Punch Knock Off	Medicham Level: 67 Ability: Pure Power IVs: 31 Item: Medichamite	Drain Punch Zen Headbutt Ice Punch Poison Jab

Leader Wulfric



Aurorus Level: 77 Ability: Snow Warning IVs: 31 Item: Icy Rock	Blizzard Earth Power <i>Power Gem</i> Protect	Kyurem-White Level: 77 Ability: Turboblaze IVs: 31 Item: Life Orb	Fusion Flare Blizzard Earth Power Dragon Pulse
Jynx Level: 77 Ability: Dry Skin IVs: 31 Item: Life Orb	Lovely Kiss Psychic Blizzard Energy Ball	Lapras Level: 77 Ability: Water Absorb IVs: 31 Item: Icicle Plate	Blizzard <i>Recover</i> Freeze-Dry Hydro Pump
Froslass Level: 77 Ability: Snow Cloak IVs: 31 Item: Bright Powder	Blizzard Thunderbolt Shadow Ball Psychic	Abomasnow Level: 79 Ability: Snow Warning IVs: 31 Item: Abomasite	Blizzard Giga Drain Focus Blast Ice Shard

This is a double battle.

Team Flare



Team Flare Aliana 1:

Power Plant



Metagross Level: 45 Ability: Tough Claws IVs: 31 Item: Light Clay	Light Screen Reflect Meteor Mash Earthquake	Pyroar Level: 45 Ability: <i>Competitive</i> IVs: 31 Item: Focus Sash	Flamethrower Endeavor Dark Pulse Will-O-Wisp
Druddigon Level: 45 Ability: Sheer Force IVs: 31 Item: Life Orb	Fire Punch <i>Dragon Rush</i> Superpower Iron Head	Heracross Level: 46 Ability: Moxie IVs: 31 Item: Heracronite	Arm Thrust Pin Missile Rock Blast Bullet Seed
Diggersby Level: 45 Ability: Huge Power IVs: 31 Item: Power Herb	Swords Dance Quick Attack Bounce Earthquake	Volcanion Level: 45 Ability: Water Absorb IVs: 31 Item: Air Balloon	Steam Eruption Will-O-Wisp Fire Blast Earthquake

Team Flare Bryony 1:

Poké Ball Factory



Darkrai Level: 51 Ability: Bad Dreams IVs: 31 Item: Focus Sash	Dark Void Dark Pulse Sludge Bomb Protect	Haxorus Level: 51 Ability: Mold Breaker IVs: 31 Item: Life Orb	Dragon Claw Low Kick Rock Slide Poison Jab
Bisharp Level: 51 Ability: Defiant IVs: 31 Item: Air Balloon	Sucker Punch Iron Head Low Kick Protect	Luxray Level: 51 Ability: Intimidate IVs: 31 Item: Shuca Berry	Super Fang Thunder Wave Wild Charge Ice Fang
Chandelure Level: 51 Ability: Flash Fire IVs: 31 Item: Sitrus Berry	Shadow Ball Heat Wave Protect Energy Ball	Pinsir Level: 53 Ability: Moxie IVs: 31 Item: Pinsirite	Quick Attack Double-Edge Close Combat Rock Slide

This is a 12 v 12 multi battle with Celosia and Serena/Calem.

Team Flare Celosia 1:

Poké Ball Factory

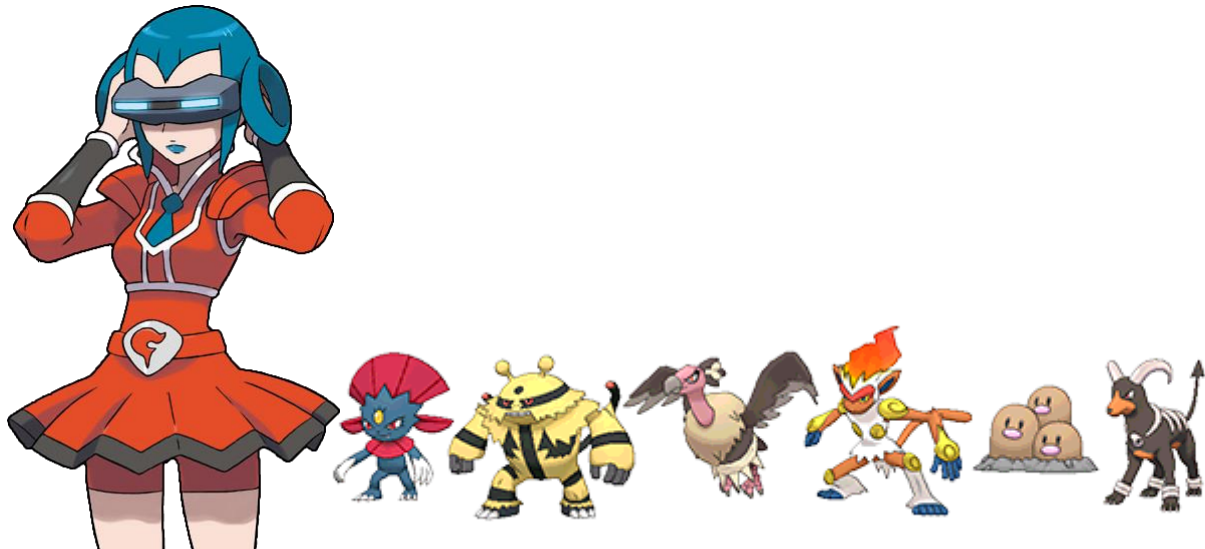


Doublade Level: 51 Ability: No Guard IVs: 31 Item: Eviolite	Wide Guard Sacred Sword Shadow Claw Gyro Ball	Magmortar Level: 51 Ability: Vital Spirit IVs: 31 Item: Air Balloon	Heat Wave Thunderbolt Psychic Will-O-Wisp
Drapion Level: 51 Ability: Sniper IVs: 31 Item: Scope Lens	Aqua Tail Night Slash Cross Poison Rock Slide	Toxicroak Level: 51 Ability: Poison Touch IVs: 31 Item: Life Orb	Fake Out Quick Guard Gunk Shot Drain Punch
Hydreigon Level: 51 Ability: Levitate IVs: 31 Item: Roseli Berry	Dark Pulse Flamethrower Dragon Pulse Flash Cannon	Manectric Level: 53 Ability: Lightning Rod IVs: 31 Item: Manectite	Thunderbolt Flamethrower Ice Fang Light Screen

This is a 12 v 12 multi battle with Bryony and Serena/Calem.

Team Flare Mable 1:

Frost Cavern



Weavile Level: 60 Ability: <i>Technician</i> IVs: 31 Item: Life Orb	<i>Icicle Spear</i> Bite Low Kick Poison Jab	Infernape Level: 60 Ability: Blaze IVs: 31 Item: Life Orb	Close Combat Fire Blast Grass Knot Stone Edge
Electivire Level: 60 Ability: Motor Drive IVs: 31 Item: Expert Belt	Wild Charge <i>Close Combat</i> Ice Punch Flamethrower	Dugtrio* Level: 60 Ability: Arena Trap IVs: 31 Item: Heat Rock	Sunny Day Memento
Mandibuzz Level: 60 Ability: Overcoat IVs: 31 Item: Leftovers	Brave Bird Foul Play Roost Toxic	Houndoom Level: 62 Ability: Flash Fire IVs: 31 Item: Houndoominite	Flamethrower Dark Pulse Solar Beam Sludge Bomb

*Dugtrio only has two moves here for A.I. abuse purposes. They'll always send out a Pokémon holding a mega stone last, unless it's forced out. Other party Pokémon are sent out if they have a move that is super effective against whatever the opponent has on the field, and are sent out in order otherwise. Because Dugtrio has no damaging moves, it will almost always be sent out immediately before the Houndoom, allowing it to set up Sunny Day and faint itself (unless you KO it first).

Team Flare Lysandre 1:

Lysandre Labs



Mienshao Level: 63 Ability: Regenerator IVs: 31 Item: Focus Sash	Swords Dance High Jump Kick Poison Jab Baton Pass	Pyroar Level: 64 Ability: Rivalry IVs: 31 Item: Life Orb	Hyper Voice Fire Blast Dark Pulse Will-O-Wisp
Honchkrow Level: 63 Ability: Moxie IVs: 31 Item: Leftovers	Sucker Punch Brave Bird Roost Substitute	Volcarona Level: 63 Ability: Flame Body IVs: 31 Item: Charti Berry	Fire Blast Bug Buzz Quiver Dance Giga Drain
Garchomp Level: 67 Ability: Rough Skin IVs: 31 Item: Rocky Helmet	Earthquake Stone Edge Fire Blast Dragon Tail	Gyarados Level: 65 Ability: Intimidate IVs: 31 Item: Wacan Berry	Aqua Tail Earthquake Iron Head Crunch

Team Flare Aliana 2:

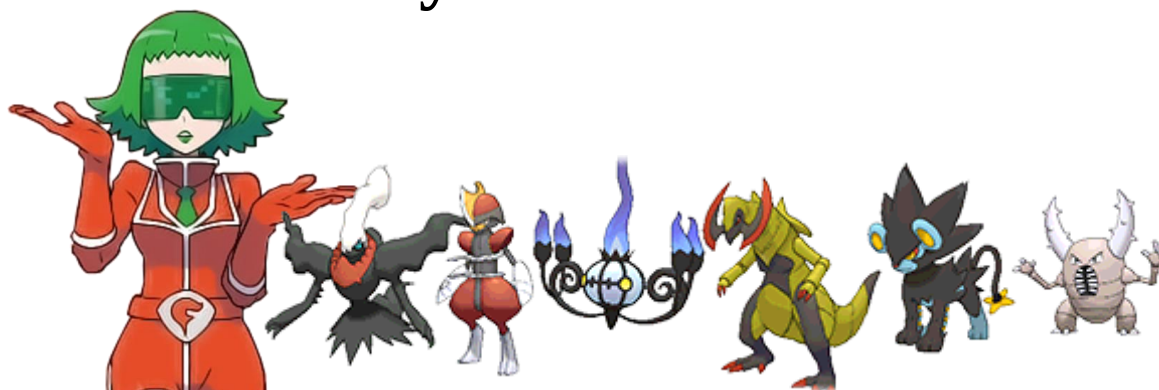
Lysandre Labs



Metagross Level: 64 Ability: Tough Claws IVs: 31 Item: Light Clay	Light Screen Reflect Meteor Mash Hammer arm	Pyroar Level: 64 Ability: <i>Competitive</i> IVs: 31 Item: Power Herb	Solar Beam Hyper Voice Dark Pulse Flamethrower
Druddigon Level: 64 Ability: Sheer Force IVs: 31 Item: Life Orb	Fire Punch <i>Dragon Rush</i> Gunk Shot Rock Slide	Heracross Level: 66 Ability: Moxie IVs: 31 Item: Heracronite	Arm Thrust Pin Missile Rock Blast Bullet Seed
Golurk Level: 64 Ability: Iron Fist IVs: 31 Item: Assault Vest	Earthquake Shadow Punch Ice Punch Drain Punch	Volcanion Level: 64 Ability: Water Absorb IVs: 31 Item: Air Balloon	Steam Eruption Sludge Bomb Fire Blast Earthquake

Team Flare Bryony 2:

Lysandre Labs



Darkrai Level: 63 Ability: Bad Dreams IVs: 31 Item: Leftovers	Nasty Plot Dark Pulse Sludge Bomb Substitute	Haxorus Level: 63 Ability: Mold Breaker IVs: 31 Item: Life Orb	Dragon Dance Earthquake Iron Tail Outrage
Bisharp Level: 63 Ability: Defiant IVs: 31 Item: Choice Scarf	Knock Off Iron Head Low Kick Stone Edge	Luxray Level: 63 Ability: <i>Strong Jaw</i> IVs: 31 Item: Sitrus Berry	<i>Volt Tackle</i> Ice Fang Fire Fang Crunch
Chandelure Level: 63 Ability: Flash Fire IVs: 31 Item: Salac Berry	Fire Blast Shadow Ball Energy Ball Endure	Pinsir Level: 65 Ability: Moxie IVs: 31 Item: Pinsirite	Earthquake Quick Attack Double-Edge Stone Edge

Team Flare Celosia 2:

Lysandre Labs



Aegislash Level: 63 Ability: Stance Change IVs: 31 Item: Weakness Policy	Shadow Sneak Shadow Ball Flash Cannon King's Shield	Magma Level: 63 Ability: <i>Mega Launcher</i> IVs: 31 Item: Air Balloon	Fire Blast Thunderbolt Dark Pulse Aura Sphere
Drapion Level: 63 Ability: Sniper IVs: 31 Item: Scope Lens	Aqua Tail Night Slash Cross Poison Swords Dance	Toxicroak Level: 63 Ability: Poison Touch IVs: 31 Item: Wide Lens	Sucker Punch Ice Punch Gunk Shot Cross Chop
Hydreigon Level: 63 Ability: Levitate IVs: 31 Item: Life Orb	Superpower Fire Blast Surf Dragon Pulse	Manectric Level: 65 Ability: Lightning Rod IVs: 31 Item: Manectite	Thunderbolt Flamethrower Signal Beam Charge Beam

Team Flare Mable 2:

Lysandre Labs



Infernape Level: 64 Ability: Iron Fist IVs: 31 Item: Life Orb	U-turn Overheat Close Combat Thunder Punch	Weavile Level: 64 Ability: <i>Technician</i> IVs: 31 Item: Focus Sash	Counter Bite <i>Ice Spear</i> Low Kick
Electivire Level: 64 Ability: Motor Drive IVs: 31 Item: Expert Belt	<i>Volt Tackle</i> <i>Close Combat</i> Ice Punch Earthquake	Dugtrio* Level: 65 Ability: Arena Trap IVs: 31 Item: Heat Rock	Sunny Day Memento
Mandibuzz Level: 64 Ability: Overcoat IVs: 31 Item: Leftovers	Nasty Plot Roost Air Slash Dark Pulse	Houndoom Level: 66 Ability: Flash Fire IVs: 31 Item: Houndoominite	Dark Pulse Sludge Bomb Fire Blast Will-O-Wisp

Team Flare Xerosic:

Lysandre Labs



Crobat Level: 65 Ability: Infiltrator IVs: 31 Item: Life Orb	Brave Bird U-turn Heat Wave Cross Poison	Gengar Level: 65 Ability: Levitate IVs: 31 Item: Black Sludge	Shadow Ball Sludge Wave Hypnosis Focus Blast
Genesect Level: 65 Ability: Download IVs: 31 Item: Assault Vest	U-turn Flamethrower Ice Beam Thunderbolt	Malamar Level: 65 Ability: Contrary IVs: 31 Item: Leftovers	Superpower Psycho Cut Knock Off <i>Sucker Punch</i>
Darmanitan Level: 65 Ability: Sheer Force IVs: 31 Item: Choice Scarf	Flare Blitz Earthquake Rock Slide U-turn	Scizor Level: 67 Ability: Technician IVs: 31 Item: Scizorite	Bullet Punch Bug Bite Swords Dance Roost

Team Flare Lysandre 2:

Team Flare HQ



Mienshao Level: 65 Ability: Reckless IVs: 31 Item: Focus Sash	U-Turn High Jump Kick Stone Edge Knock Off	Pyroar Level: 65 Ability: Rivalry IVs: 31 Item: Life Orb	Hyper Voice Fire Blast Dark Pulse Wild Charge
Honchkrow Level: 65 Ability: Moxie IVs: 31 Item: Life Orb	Sucker Punch Brave Bird Roost Superpower	Volcarona Level: 65 Ability: Flame Body IVs: 31 Item: Weakness Policy	Flamethrower Bug Buzz Quiver Dance Hurricane
Garchomp Level: 65 Ability: Rough Skin IVs: 31 Item: Yache Berry	Earthquake Poison Jab Fire Blast Dragon Rush	Gyarados Level: 67 Ability: Intimidate IVs: 31 Item: Wacan Berry	Aqua Tail Earthquake Iron Head Crunch

Team Flare Boss Lysandre:

Team Flare HQ



Eternal X:	
Yveltal Level: 67 Ability: Dark Aura IVs: 31 Item: Life Orb	Oblivion Wing Sucker Punch Dark Pulse Roost



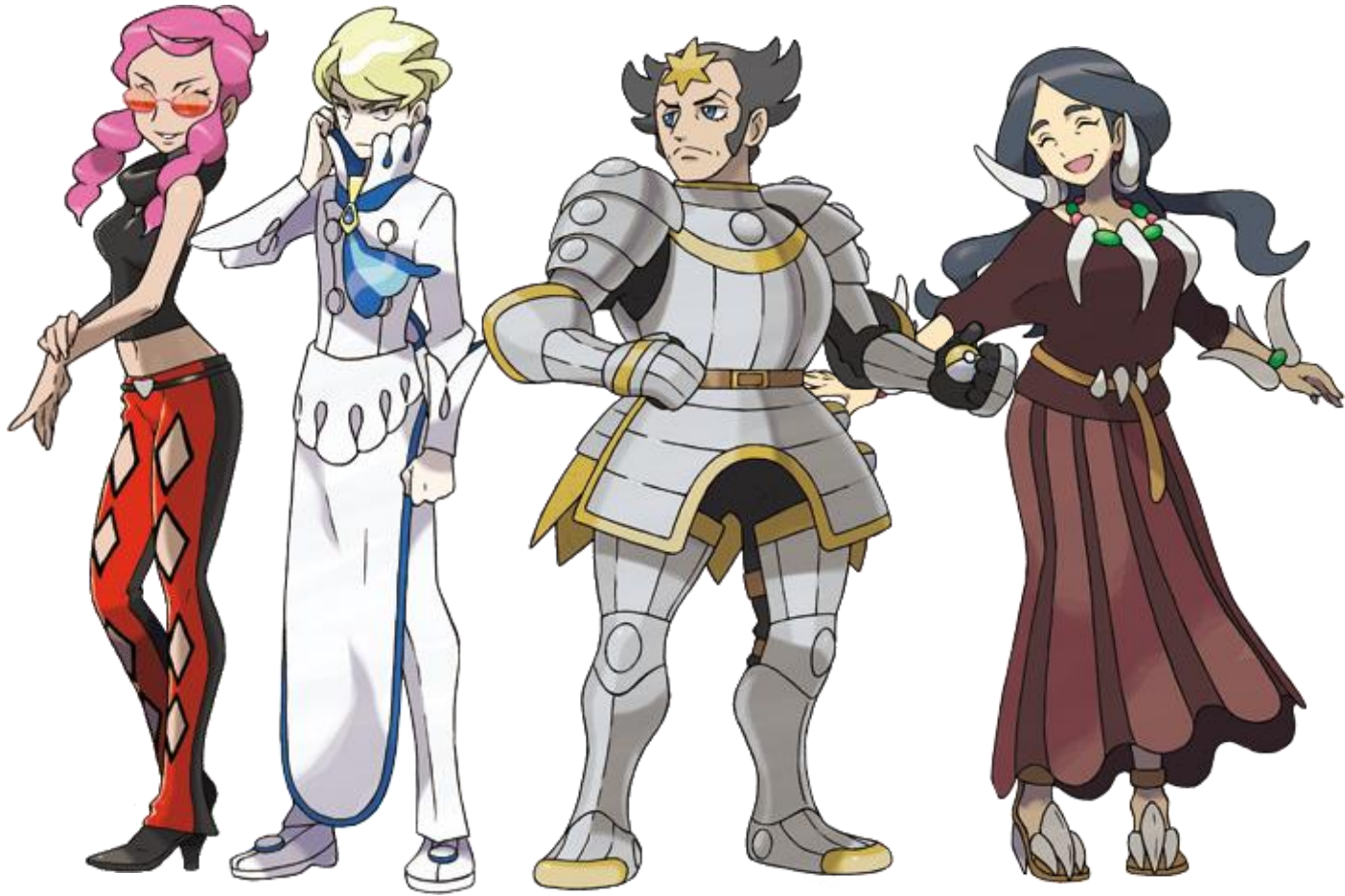
Wilting Y:	
Xerneas Level: 67 Ability: Fairy Aura IVs: 31 Item: Power Herb	Geomancy Moonblast Thunderbolt Focus Blast



Yveltal (Eternal X) or Xerneas (Wilting Y)	See above for details.	Pyroar Level: 68 Ability: Rivalry IVs: 31 Item: Life Orb	Hyper Voice Fire Blast Sunny Day Solar Beam
Mienshao Level: 67 Ability: Reckless IVs: 31 Item: Focus Sash	High Jump Kick Stone Edge Knock Off Poison Jab	Volcarona Level: 67 Ability: Flame Body IVs: 31 Item: Leftovers	Fiery Dance Bug Buzz Quiver Dance Psychic
Garchomp Level: 67 Ability: Rough Skin IVs: 31 Item: Rocky Helmet	Earthquake Stone Edge Fire Blast Outrage	Gyarados Level: 68 Ability: Intimidate IVs: 31 Item: Gyaradosite	Waterfall Earthquake Crunch Dragon Dance

To clarify, Lysandre will lead with the cover Legendary from the opposite version. The rest of his team is identical in both versions.

The Pokémon League



Elite Four Malva



Ninetales Level: 82 Ability: Drought IVs: 31 Item: Heat Rock	Heat Wave Solar Beam Will-O-Wisp <i>Moonblast</i>	Ho-Oh Level: 82 Ability: Pressure IVs: 31 Item: Charti Berry	Brave Bird Sacred Fire Thunderbolt Roost
Reshiram Level: 82 Ability: Turboblaze IVs: 31 Item: White Herb	Blue Flare Draco Meteor Earth Power Heat Wave	Heatran Level: 82 Ability: Flash Fire IVs: 31 Item: Life Orb	Heat Wave Rock Slide Dragon Pulse Earth Power
Chandelure Level: 80 Ability: Flame Body IVs: 31 Item: Air Balloon	Heat Wave Shadow Ball Solar Beam Protect	Charizard Level: 84 Ability: Blaze IVs: 31 Item: Charizardite Y	Heat Wave Solar Beam Air Slash Dragon Pulse

This is a Double Battle.

Elite Four Siebold



Kingdra Level: 82 Ability: Swift Swim IVs: 31 Item: Life Orb	Surf Ice Beam Dragon Pulse Flash Cannon	Palkia Level: 82 Ability: Telepathy IVs: 31 Item: Lustrous Orb	Spacial Rend Thunder Surf Aura Sphere
Kyogre Level: 82 Ability: Drizzle IVs: 31 Item: Absorb Bulb	Muddy Water Ice Beam Thunder Rain Dance	Gastrodon Level: 82 Ability: Storm Drain IVs: 31 Item: Rindo Berry	Surf Ice Beam Earth Power Protect
Ludicolo Level: 82 Ability: Swift Swim IVs: 31 Item: Damp Rock	Surf Energy Ball Focus Blast Rain Dance	Blastoise Level: 84 Ability: Rain Dish IVs: 31 Item: Blastoisinite	Dark Pulse Aura Sphere Dragon Pulse Surf

This is a Triple Battle.

Elite Four Drasna



Hydreigon Level: 82 Ability: Levitate IVs: 31 Item: Choice Scarf	Dragon Pulse Dark Pulse Fire Blast U-turn	Noivern Level: 84 Ability: Infiltrator IVs: 31 Item: Focus Sash	Air Slash Dragon Pulse Flamethrower <i>Nasty Plot</i>
Rayquaza Level: 82 Ability: Air Lock IVs: 31 Item: Roseli Berry	Outrage Earthquake Dragon Dance V-create	Giratina Level: 82 Ability: Levitate IVs: 31 Item: Griseous Orb	Shadow Force Draco Meteor Earthquake Will-O-Wisp
Latios Level: 82 Ability: Levitate IVs: 31 Item: Soul Dew	Calm Mind Roost Draco Meteor Psyshock	Charizard Level: 84 Ability: Blaze IVs: 31 Item: Charizardite X	Dragon Dance Dragon Claw Fire Punch Brick Break

Elite Four Wikstrom



Klefki Level: 82 Ability: Prankster IVs: 31 Item: Air Balloon	Dazzling Gleam Foul Play Swagger Thunder Wave	Aegislash Level: 84 Ability: Stance Change IVs: 31 Item: Weakness Policy	King's Shield Sacred Sword Shadow Ball Flash Cannon
Empoleon Level: 82 Ability: Torrent IVs: 31 Item: Petaya Berry	Agility Surf Ice Beam Grass Knot	Dialga Level: 82 Ability: Pressure IVs: 31 Item: Life Orb	Dragon Pulse Flash Cannon Fire Blast Earth Power
Ferrothorn Level: 82 Ability: Iron Barbs IVs: 31 Item: Rocky Helmet	Power Whip Bulldoze Leech Seed Protect	Aggron Level: 82 Ability: Sturdy IVs: 31 Item: Aggronite	Earthquake Thunder Punch Ice Punch Heavy Slam

This is a Rotation Battle.

Champion Diantha



Eternal X:

Mewtwo Level: 90 Ability: Pressure IVs: 31 Item: Mewtwonite Y	Psystrike Aura Sphere Ice Beam Fire Blast
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Wilting Y:

Mewtwo Level: 90 Ability: Pressure IVs: 31 Item: Mewtwonite X	Zen Headbutt Drain Punch Ice Beam Fire Blast
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Genesect Level: 87 Ability: Download IVs: 31 Item: Life Orb	Ice Beam Flamethrower Iron Head U-turn	Blaziken Level: 87 Ability: Speed Boost IVs: 31 Item: Focus Sash	High Jump Kick Blaze Kick Swords Dance Protect
Lugia Level: 87 Ability: Multiscale IVs: 31 Item: Leftovers	Extrasensory Ice beam Calm Mind Roost	Zygarde Level: 87 Ability: Aura Break IVs: 31 Item: Leftovers	Outrage Dragon Dance <i>Thousand Arrows</i> Extreme Speed
Arceus Level: 87 Ability: Multitype IVs: 31 Item: Life Orb	Extreme Speed Swords Dance Earthquake Recover	Mewtwo Level: 90 Ability: Pressure IVs: 31 Item: Varies*	

*Mewtwo's held item and moveset differ depending on whether you're playing Eternal X or Wilting Y. See above for details.

Pokémon Trainer AZ



Bronzong Level: 85 Ability: Heatproof IVs: 31 Item: Iron Ball	Gyro Ball Grass Knot Earthquake Trick Room	Sigilyph Level: 85 Ability: Magic Guard IVs: 31 Item: Leftovers	Air Slash Heat Wave Cosmic Power Roost
Torkoal Level: 85 Ability: Shell Armor IVs: 31 Item: Life Orb	Overheat <i>Steam Eruption</i> Earthquake Shell Smash	Aerodactyl Level: 86 Ability: Pressure IVs: 31 Item: Aerodactylite	<i>Brave Bird</i> Return Strength Earthquake
Golurk Level: 85 Ability: Iron Fist IVs: 31 Item: Assault Vest	Drain Punch Shadow Punch Earthquake Ice Punch	Floette Level: 88 Ability: <i>Natural Cure</i> IVs: 31 Item: Sitrus Berry	Light of Ruin Psychic Energy Ball Synthesis

Thanks to PLDH.net and Serebii for the Pokémon images used in this document.